On each day you employ a relaxation or breathing technique to help you manage your anxiety, write down the time and place where you used the technique, the specific technique that you used, a rating of your anxiety level both before and after using the technique on a scale of 0 to 10 (0 = not experiencing any anxiety, 10 = experiencing the strongest anxiety imaginable), and any additional notes you’d personally like to make (Examples might include: Ways in which you found the technique useful, anything you didn’t find helpful about the technique, and important takeaways or learning that you experienced).

Relaxation Diary

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Time and place | Relaxation or breathing technique used | Level of anxiety before using technique | Level of anxiety after using technique | Additional notes (what worked, what didn’t work, takeaways) |
| Monday |  |  |  |  |  |
| Tuesday |  |  |  |  |  |
| Wednesday |  |  |  |  |  |
| Thursday |  |  |  |  |  |
| Friday |  |  |  |  |  |
| Saturday |  |  |  |  |  |
| Sunday |  |  |  |  |  |